

**PREVALENCE OF LIVER DISEASE
STATE FACT SHEET**

American Liver Foundation (ALF) Liver Life Advocates—Raising Awareness, Advancing Change™, represents more than 100 million Americans affected by liver disease.



Maryland Residents Affected by Liver Disease



Jamie I.

Jamie advocates to raise awareness about liver disease and help eliminate negative stigmas. In 2020, during the height of the COVID-19 pandemic, Jamie started working at a local food pantry. The stress of her job on the frontline took its toll, and she turned to alcohol as a way to cope. Unfortunately, this led to alcohol use disorder, now considered a brain disorder, and alcohol-associated liver disease (ALD). Thankfully, the hospital where Jamie received her liver transplant did not require her to have six months of sobriety before undergoing transplantation. She believes if they had, she would not be here today. Jamie continues to encourage hospitals nationwide to base treatment on medical status, not a patient's sobriety.

State Statistics

655

Maryland residents died from liver disease/cirrhosis in 2023

211

liver transplants were performed in Maryland in 2025

362

people are on the liver transplant waitlist

24

Marylanders died while on the liver transplant waitlist in 2025

10.6%

of adults in Maryland have diabetes

33.5%

of adults in Maryland are obese

20.5%

of adults have no leisurely physical activity

ALF 2026 Legislative Priorities

- Support Living Donors: Advance the Living Donor Protection Act and the Expanding Support for Living Organ Donors Act to protect donors and reduce financial barriers
- Ensure Patient Access: Pass the Safe Step Act, Treat and Reduce Obesity Act, and HELP Copays Act to improve access and affordability
- Pediatric Screening: Advance the Ian Kalvinskas Pediatric Liver Cancer Early Detection and Screening Act for earlier diagnosis
- CDC Efforts: Strengthen liver disease surveillance and prevention

ALF is a national community of patients, caregivers and medical professionals dedicated to helping people improve their liver health. Providing guidance and life-saving resources, we are a beacon for the 100 million Americans affected by liver disease. We advocate for patients and families, fund medical research and educate the public about liver wellness and disease prevention. We bring people together through our educational programs and events and create a network of support that lasts a lifetime. ALF is the largest organization focused on all liver diseases and the trusted voice for patients and families living with liver disease. For more information visit liverfoundation.org or call 1-800-GO-LIVER (800-465-4837).